

# Base Running Drills

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# Drills

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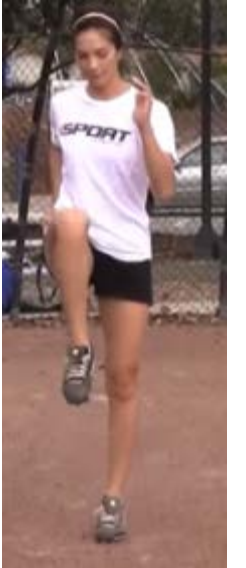
# But First, a Few Important Notes

- Safety First! Whenever there is a live ball being used in a drill, the runners must be wearing a helmet
- Read the Fundamentals of Base Running document to acquaint yourself with proper technique

Appropriate for:  
Younger Ages

# 1. Simple March Drill

- Have runners walk from home to 1<sup>st</sup> and march while pumping their arms
- Pause when knee is at top to ensure proper form (opposite knee, opposite arm)
- [https://www.youtube.com/watch?v=Wr67-XvIC\\_c](https://www.youtube.com/watch?v=Wr67-XvIC_c)  
(:25 to :50)



## 2. Time to 1<sup>st</sup> Base Drill

- Use your mobile phone's stopwatch (usually with the clock app) as a way to time the players running to 1<sup>st</sup> base
- Have them line up near home, with one girl at a time at home
- Coach lines up near 1<sup>st</sup>, yells go, hit starts button
- When runner at home base hears go, they take a practice/pretend swing (with no bat), and then runs to 1<sup>st</sup> as fast as they can
- When they touch 1<sup>st</sup> base, the coach hits the stop button on phone's stopwatch app and tells the girl their time
- See [https://www.youtube.com/watch?v=EqcDG9\\_oni0](https://www.youtube.com/watch?v=EqcDG9_oni0) (0:20 to 1:00) for tips you can give
- Have them run multiple times and have each girl try to beat in subsequent attempts their 1<sup>st</sup> time running in the drill

### 3. Time to 2<sup>nd</sup> Base Drill

- Same as the prior 1<sup>st</sup> base drill, but runners go to 2<sup>nd</sup>
- Key here is that they properly banana, touch inner corner of base and do so in stride, and they don't over run 2<sup>nd</sup> base

Appropriate for:  
8U+

## 4. Lead Off at 1<sup>st</sup> Drill

- Have players line up in 2 lines near 1B, with lead in each line simulating being on 1<sup>st</sup> base (e.g. girl on actual 1<sup>st</sup> base and a girl 5 feet further down 1<sup>st</sup> base line standing on a virtual 1<sup>st</sup> base)
- Separately have pitcher and catcher throw live balls from pitching mound to home plate. The pitcher and catcher can be a combination of coaches or players
- Have runners in rocker start and then begin the motion to take lead when pitcher's hand is at apex of the windup
  - <https://www.youtube.com/watch?v=fDGW8yymfiE> (1:40 to 2:30)
- Another coach near 1<sup>st</sup> base should make sure that the girls are not leaving early, are taking proper lead off distances from home, are side shuffling back to 1<sup>st</sup> when the catcher throws the ball back to the pitcher etc.
- Then rotate girls in line after each pitch
- For older girls, the pitcher and catcher should also on occasion lay in pass balls, so the runners know when to steal without coach guidance, and the runners should actually take off to 2nd
- For older girls, the catcher should simulate a pick off, and runners should properly return to 1st



## 5. Triplet Sprint

- Line up players on 1<sup>st</sup> base line in outfield
- Place cones (or whiffle balls) about 30 feet from 1<sup>st</sup> base (towards 2<sup>nd</sup> base), forming a virtual line that is parallel to the 1<sup>st</sup> base line
- Have players sprint to the line, touch ground, back to foul line, touch ground, and then sprint back through the virtual line
- Take 20 second breaks in between
- [https://www.youtube.com/watch?v=Wr67-XvIC\\_c](https://www.youtube.com/watch?v=Wr67-XvIC_c) (:55 to 1:30)



## 6. 5 Cone Drill

- Place 5 cones in the outfield like the following below
- Players start in upper right corner cone then
  - side shuffle facing one way to the middle cone
  - Side shuffle facing the other way to the upper left cone
  - Back pedal to the lower left cone
  - Sprint to the lower right cone
  - Sprint to the upper right cone
- [https://www.youtube.com/watch?v=Wr67-XvIC\\_c](https://www.youtube.com/watch?v=Wr67-XvIC_c)  
(2:07 to 3:00)



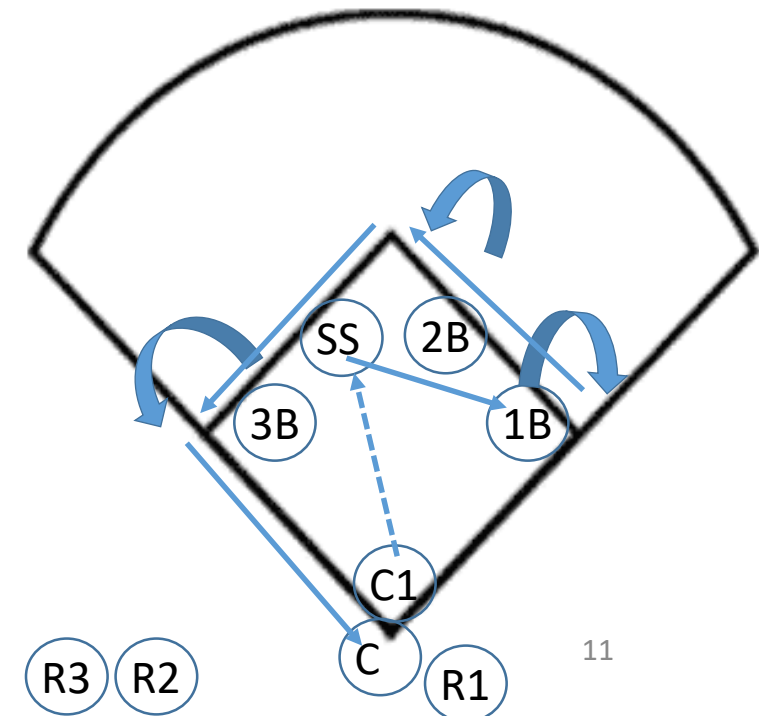
# 7. Relay Game

- Divide players into 2 teams, with one team starting at home and one team at 2<sup>nd</sup> base
- First runner on each team lines up at their starting base (i.e. either 2<sup>nd</sup> base or home plate) and gets ready in rocker start formation
- Coach yells Go and the runners must run around the bases, and once they cross their starting base, they tag (like in a relay race) the next team member
- Players in line should be away from base to not interfere with runners
- First team to have all its players run the bases wins the relay
- Key here is that the players are not running “station to station” but are banana’ing each base

# 8. “Beat Me if You Can” Game

Appropriate for:  
8U 10U

- This is a game that is a competition between the base runner and the infield
- Have a player at each infield position except pitcher (and yes include Catcher who should wear helmet). They must be playing their position, no cheating and camping out on the bases
- Have extra players act as baserunners (must wear helmets!)
- Have Runner 1 a few feet away from home plate (safely away from coach hitting or rolling) and rest of Runners out of the field of play
- Coach 1 hits or rolls the ball to SS (make sure Catcher won't get hit)
- Once the SS touches the ball, Runner 1 goes around all bases
- SS throws to 1B who covers 1<sup>st</sup>, who throws to 2B covering 2<sup>nd</sup>, who throws to 3B covering 3<sup>rd</sup>, who throws to catcher at home
- Runner wins if they get to home before being thrown out at home; infield wins if Catcher tags home plate before runner crosses home
- Next runner comes up and repeat
- Rotate/swap out infielders with runners after few iterations
- Key is learning base running but also importance of throwing ball accurately and catching the ball while covering a base



## 9. What to Do at 1<sup>st</sup> Drill

- Goal here is to simulate what to do when a runner is on 1<sup>st</sup> and the ball is hit either in the ground or in air
- Have a group of runners with helmets line up at 1<sup>st</sup>, and have pitcher on the mound, and have a coach standing near home (i.e. simulating a batter) throw balls to another coach at SS. Have one runner at a time at 1<sup>st</sup> base.
- The pitcher will pitch to the back stop and when the ball goes over the plate, the coach at home will throw (i.e. simulate a hit) either a ground ball or line drive to the coach at SS
- Runners will begin to begin their lead off while the pitcher is in motion, and do the normal sprint few steps and break down and be prep'ed to react to what happens
- If the runner sees that the ball is “hit” on the ground to the SS they must run to 2<sup>nd</sup>
- If the runner sees that the ball is in the air and may be caught they should remain frozen in their “break down” position
  - If ball is caught, spring back to 1<sup>st</sup> and get back in lead off / rocking start position
  - If ball is dropped (i.e. coach at SS purposely drops), the runner should immediately run to 2<sup>nd</sup>
- Next runner is up etc.

# 10a. Wait Wait Go Drill (Runner at 2<sup>nd</sup>)

- Have players taking the infield positions and have remaining players in helmets as runners. Have a runner at 2<sup>nd</sup> base, and another runner near home plate that runs to 1<sup>st</sup> base when coach hits the ball. When coach hits ball the coach yells out # of outs. Infield should be making normal plays to get runners out (either lead runner or runner at 1<sup>st</sup>)
  - if ball is hit on ground to right side of infield, the runner on 2<sup>nd</sup> should be immediately running to 3<sup>rd</sup>, as it is more difficult to make play from right side of infield to 3<sup>rd</sup> base plus the runner must be tagged
  - if the ball is hit on ground to left side of infield (e.g. to SS or 3B), then the runner on 2<sup>nd</sup> should freeze and then runs when the SS/3B throws to 1B
  - If 2 outs the runner on 2<sup>nd</sup> should run no matter what
- Once runners get multiple attempts at 2<sup>nd</sup> and home, switch infielders for runners

# 10b. Wait Wait Go Drill (Runner at 3<sup>rd</sup>)

- Have players taking the infield positions and have remaining players in helmets as runners. Have a runner at 3<sup>rd</sup> base, and another runner near home plate that runs to 1<sup>st</sup> base when coach hits the ball. When coach hits ball the coach yells out # of outs. Infield should be making normal plays to get runners out (either lead runner or runner at 1<sup>st</sup>)
  - if ball is hit on ground to right side of infield, the runner on 3<sup>rd</sup> base should be taught to immediately run (and run hard) to Home, as it is more difficult to make force play from right side of infield to Home base plus the runner must be tagged
  - if the ball is hit on ground to left side of infield (e.g. to SS or 3B), or if a bunt occurs to either side, then the runner on 3<sup>rd</sup> should freeze and then runs when the SS/3B throws to 1B
  - If 2 outs the runner on 3<sup>rd</sup> should run no matter what
- Once runners get multiple attempts at 3<sup>rd</sup> and home, switch infielders for runners

# 11. Tag Up and Relay to Home Drill

Appropriate for:  
12U 14U

- Have LF, SS and C in the field and runner at 3<sup>rd</sup> with helmet
- Coach is at Home plate and hits fly ball to LF
- Runner at 3<sup>rd</sup> tags up when ball is (hopefully) caught by LF, unless the ball is clearly hit too shallow
- LF makes catch and either (a) crowhop and throws all the way to home if ball is shallow; or (b) throws to SS who acts as relay if ball is hit deeply
- SS acts as relay and positions themselves as part of imaginary line from where ball is caught and home. SS throws home
- C applies tag at Home but does not obstruct
- Key for LF is to determine if runner is tagging up, if they should throw to home or SS based on depth of ball, if throwing home then properly crow hopping, etc.
- Key for SS is proper positioning to act as part of straight line from LF to Home and catching ball near shoulder of glove side and quick rotation and release to get ball home
- Key for C is to not obstructing runner and making proper tag out
- Key for runner at 3B is to determine if they should tag up, to not leave too early, etc.
- Rotate runners and fielders

## 12. Overthrow at 1<sup>st</sup> Drill

- Have runners line up at home, have a player playing the 1B position and have a coach at SS and a coach hitting
- Coach at home hits grounder to coach at SS
- After ball is hit, the runner at home should run fast to 1<sup>st</sup>, touch the orange (and right) half of 1<sup>st</sup> base, and then rapid stutter steps to break down while watching to the right if there is an overthrow
- Coach at SS either throws a good throw and player at 1B catches
  - In that case runner walks down 1<sup>st</sup> base line (or slightly in foul territory) back to 1<sup>st</sup>
- Or the Coach purposely (and safely) overthrows the 1B
  - Because the runner should be watching for an overthrow in their break down, once they see the ball is overthrown, they should take off to 2<sup>nd</sup> base



# 13. Retreating Back to Bag Drill

- Have runners with helmets in line along 1<sup>st</sup> base fence (well away from 1<sup>st</sup> base), with first runner on 1<sup>st</sup> base as the first drill participant
- Have a player playing 1B and a coach simulating a pitcher and another coach simulating the catcher
- Pitcher throws to catcher, who then attempts to pick off runner at 1<sup>st</sup> base
- When catcher tries to throw out runner at 1B, the runner should dive head first and reach for corner of base facing the outfield with their right hand and their head away from infield
- See <https://www.youtube.com/watch?v=rvK8yytmkMQ> (1:00 to 2:20)
- If throw to 1B is well overthrown, the runner should hop up and steal 2<sup>nd</sup> base



# 14. Stretching a Single to a Double Drill

- The purpose of the drill is to practice making an aggressive turn at 1B
- Set up:
  - Have a Coach hitting from Home and a 1<sup>st</sup> Base Coach
  - Have a player playing the 2<sup>nd</sup> Base position (i.e. normal 2B position and not on the bag)
  - Have 3 players lined up in LF, with each one taking a turn playing LF
  - Have 3-5 runners safely lined up behind the coach at Home with helmets on, with each runner taking a turn
- Coach at Home hits a single near the LF line into the outfield. Upon ball being hit, runner at Home heads to first and takes aggressive turn towards 2<sup>nd</sup> Base. LFER fields the ball and throws to 2B that is covered by player playing 2<sup>nd</sup> base position
- If ball is not fielded cleanly or if the outfielder is not alert, the runner advances to second. The runner should visually pick up the ball as they round first and also gets assist from 1<sup>st</sup> base coach
- Rotate runner and LFER (i.e. next in line)

# 15. Hands Up Sliding Drill

- Highly recommend that players practice sliding using the PAGES slip and slide mat in the shed
- Run drills such as this (not wearing cleats) that has runner grabbing the hands of their teammates as they slide <https://www.youtube.com/watch?v=J3oyOBgUbtQ>
- Variation of the keep hands up can be viewed with this drill <https://www.youtube.com/watch?v=bY6eKq6eW8g>

